Промінь
Promin

Слова наших основательок
Wise Words from our Founders

Талановита пейсажистка
Landscape Painter "Extraordinaria"

Нова кухарська книга
The Prairie Table

Союз Українок Канади

June/July 2020 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LX
червень - липень, 2020 р.

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Canada

ПРОМІНЬ
60 Років

Leona Bridges
Editor

Дорогі Читачі!

Пандемія не обминула друкарню «Променя». Три місяці тому, наша адміністрація не була певна, що ми встигнемо вислати Вам останнє число журналу, тобто квітня-травня. Ми постаралися створити завчасу електронну версію й думали вислати її тим читачам, яких мали електронну адресу. Але, в останній хвилині, Друкарня «Атенс» видала журнал і вислала його почтою. Дякуємо їй за цю обслугу!

Просимо Вас якнайскорше вислати нашій адміністраторці вашу найновішу електронну адресу, бо нам бракує багато їх (bettycor@telus.net). Маємо лише 190 їх, а передплатників є понад 500.

Одночасно, дякуємо Союзеві Українських Самостійників, який скоренько причіпив до свого вебсайту число «Променя» квітня-травня 2020 р. Будьте ласка подивіться там на нього; він повно кольоровий! Перекажіть також своїм ближнім, які ще не стали передплатниками, щоб вони його побачили на власні очі. Може стануть реґулярними читачами.

Нам дивно як не рівно розповсюджується цими днями канадська почта. Наші передплатники в Східній Канаді мали журнал перед англійським Великоднем, а наша адміністраторка тут у Альберті отримала свої копії аж 29-го квітня! Не зрозуміли явище!

Сподіюся, що Ви вчасно отримайте оце число й що перейде негайно період ізолювання. Бажаю Вам щастя та здоров'я! Та не забуваймо пом'янути всіх тих, що в Канаді та в Україні терпіли а, ще гірше, померли від коронавірусу. Подаю дані у формі поеми надіслана мені др. Романом Єринюком.

Нехай спочивають з Богом!

Dear Readers,
Promin Magazine was not spared by the pandemic. Three months ago, our administration was worried that the April/May 2020 issue of Promin would not reach its readers. Although our editors had prepared and laid out the magazine very early in March, Athens Printers was unsure that it could be printed and/or delivered by Canada Post. We quickly obtained an electronic version of the magazine, including its front and back cover, and sent it to the USRL of Canada. It was quickly posted on their website, where you and others can read it cover to cover in full colour. Please encourage your friends and family, who are not yet subscribers, to do so! Perhaps they will become regular readers.

Meanwhile, our thanks go to Athens Printers, who managed to print the magazine with a skeleton staff and got it into the Post. We are bewildered as to why Eastern Canadian subscribers had the issue before English Easter whereas our administrator did not receive her

copies until April 29. She lives in Alberta.

Should we be faced with another such situation in future, we would like to have our subscribers' most recent email addresses. Please send yours immediately to our administrator, Betty Corlett at bettycor@telus.net. At present, we have only 190 email addresses out of over 500 subscribers. We may have to send you an electronic copy as opposed to a paper one.

I hope that you will receive this issue of Promin in a timely manner and that this period of self-isolation will soon be over. I wish you good luck and good health. And let us not forget those who have suffered during this pandemic. Sincere sympathies to those who have been sick or who have lost loved ones. May the memories of those who have died be eternal!

Here is a tribute to those who have passed in Canada and Ukraine as submitted by Dr. Roman Yereniuk. May they rest in peace!

On the Feast of the Resurrection of Jesus Christ, there were some 2,531,000 cases of COVID-19 worldwide and another 168,000 deaths from the 2020 Coronavirus Pandemic. Let us never forget our Brothers and Sisters! Вічна їм пам'ять!

Леона Фарина Бриджес
Leona Faryna Bridges

A Poem in Words and Many Numbers

By Roman Yereniuk

We extend our condolences to those who suffer from COVID-19 and we wish memory eternal to those who have died from the virus in both Ukraine and Canada.

DATE	UKRAINE CASES	UKRAINE DEATHS		CANADA CASES	CANADA DEATHS
January 25				1	
March 2				27	
March 3	1			33	
March 4	1			34	
March 5	1			48	
March 6	1			54	
March 7	1			60	
March 8 *First Sunday*	1			67	
March 9	1			79	1
March 10	1			97	1
March 11	1			118	1
March 12	3			159	1
March 13	3	1		198	1
March 14	3	1		254	1
March 15 *Second Sunday*	5	1		338	1
March 16	7	1		441	4
March 17	14	2		598	8
March 18	16	2		728	9
March 19	26	3		873	12
March 20	40	3		1088	12
March 21	47	3		1331	19
March 22 *Third Sunday*	73	3		1472	20
March 23	84	3		2091	24
March 24	113	5		2819	27
March 25	156	5		3409	35
March 26	218	5		4043	39
March 27	311	8		4757	55
March 28	418	9		5655	61
March 29 *Fourth Sunday*	480	11		6320	66
March 30	549	13		7448	89
March 31	669	17		8591	101
April 1	804	20		9731	111
April 2	942	23		11285	138
April 3	1096	28		12529	187
April 4	1251	32		14078	233
April 5 *Fifth Sunday*	1319	38		15513	280
April 6	1462	45		16667	323
April 7	1668	52		17897	381
April 8	1892	57		19291	435
April 9	2203	69		20765	509
April 10	2511	73		22148	569
April 11	2777	83		23318	653
April 12 *Palm Sunday*	3102	93		24383	717
April 13	3372	98		25682	780
April 14	3764	108		27063	903
April 15	4161	116		28379	1010
April 16	4662	125		30106	1196
April 17	5106	133		31927	1310
April 18	5449	141		33383	1470
April 19 *Resurrection Day*	5710	151		34813	1583

DONATIONS

Donations

• Basaraba, Eunice, Wolfville, NS	$ 20.00
• Chayka, Alice, Saskatoon, SK	$ 70.00
• Gauk, Roma, Edmonton, AB	$ 100.00
• Harasymiw,Elaine, Edmonton, AB	$ 50.00
• Kowcz, Ollia, St. Leonard, Montreal, QC	$ 60.00
• Matychuk, Rose, Nampa, AB	$ 20.00
• Moskaluk, Anne, Etobicoke, ON	$ 20.00
• Ochitwa, Beatrice, Canora, SK	$ 40.00
• Samcoe, Emelia, Saskatoon, SK	$ 30.00
• Shapka, Audrey, Athabasca, AB	$ 40.00
• Stefaniuk, Rev. Eugene, Kelowna, BC	$ 20.00
• Yuzik, Zennia, Saskatoon, SK	$ 20.00

Donations in Memory of...

• Charnetski, Emily, Niagara-on-the-lake, ON In memory of mother Olga Bodnarchuk and mother-in-law Mary Charnetski	$ 50.00
• Drul-Reaume, Orysia, LaSalle, ON In memory of parents Olha (Kowal) and Myron Drul	$ 100.00
• Garrity, Olena, Winnipeg, MB In memory of parents John and Elizabeth Shewchuk	$ 50.00
• Haydey, Zennovia, Calgary, AB In memory of mother Nellie Pawlik (Anelka)	$ 40.00
• Hersak, Mickey and Gloria, Winnipeg, MB In memory of Oakburn, MB, Area Pioneers, 1899 to 2020	$ 40.00
• Kachkowski, Cecilia, Saskatoon, SK In memory of mother Pauline Gorchynski and sister Zennie Cherak	$ 100.00
• Koszarny, Victor and Tamara, Oakville, ON In memory of Olena Koszarny-Semeniuk	$ 250.00
• Lemmo, Betty, Windsor, ON In memory of Martha Petruk	$ 50.00
• Prokopchuk, Rosalie, London, ON In memory of Victoria Kaluschny, June 1925 – March 2020	$ 40.00
• Rudko, Jean, Edmonton, AB In memory of husband Walter	$ 20.00
• Sojonky, Audrey, West Vancouver, BC In memory of mother Margaret Remenda	$ 100.00
• Walkovich, Millie, Pickering, ON In memory of Antonina Walkovich	$ 50.00

May their Memories be eternal. Вічная пам'ять!

DEADLINES

Please note that the deadline for submissions for our **August - September** issue is

June 20, 2020

Upcoming submission deadlines are:
Aug - Sept issue - June 20, 2020
Oct - Nov issue - August 20, 2020
Dec - Jan issue - October 20, 2020

For more information contact:
bridgesl@telus.net
780-619-4416
(mobile)

Front Cover:

***In Memoriam I* by Arlene Wasylynchuk**

Back Cover:

Various works by Arlene Wasylynchuk including *Earthbound #2, Glacial Journey V, Passages #2, Summer Calm, Summer Offerings II, Winter Meltdown IV, Wood Water and Stone*

Dear Leona,
I am spending Easter in isolation with my "pysanky" to keep me company. May the beauty of Easter surround you, the miracle of Easter inspire you, and the joy of Easter dwell in your heart all year. Love,

Zora Jackson,
Ottawa, ON

Hi, Leona!
Promin just arrived and it is beautiful!! Well done! Now, regarding Page 4 and the editor's comment on the Stechishin Cook Book, I have my mother's original 1957 copy, plus our wedding gift copy (8th edition, 1976). Those recipes do differ, as Mrs Zenchyshyn states... My husband, Bill and I made several trips to Winnipeg when Bill and the Trident Press Board members were sorting through the closure process. I had asked about cookbooks. There were none. In fact, Trident Press had had no new copies for some years. A single returned (and defaced) copy had

been sold a few months prior. I will report back should I discover any further information about a new edition of the book by the Stechishin family.

Marian Strus,
Oakville, ON

Editor's note: Please see "In the Kitchen" in this issue of Promin for a book review of Karlynn Johnston's The Prairie Table.

Dear Promin Staff:
I forgot that my subscription expired last month, but when Promin came to visit me yesterday, I realized that the subscription was overdue, so today I need to renew!
Please find my subscription enclosed as well as a donation. May God grant you many more years to produce a magazine of such great quality. The late Mrs Kohuska must be all smiles looking down from above and seeing that her work did not end in vain. May God grant you strength and endurance to carry on with your journal.
Take care, stay well and God bless!
Sincerely,

Rev. Eugene Stefaniuk,
Kelowna, BC

Dear Leona and Betty,
I am enclosing a cheque for a two-year subscription to Promin. I am very impressed with the quality and content of the magazine. Thank you for the fine work you are doing in preparing such interesting and timely material. Wishing you continued success,
Sincerely,

Jean Mekitiak,
Calgary AB

Dear Ms. Corlett:
Please find enclosed our donation to the Promin publication. We are pleased to support you in your work in achieving Promin publication and communication goals.
Yours truly,

Julia Elaschuk, President,
St. John's Cathedral Branch,
Edmonton, AB

Dear Betty,
Thank you for sending Promin even though I hadn't paid up my subscription. Keep up the good work! God bless you,

Rosalie Prokopchuk,
London, ON

Promin Staff:
I enjoy the addition of gardening hints and recipes, especially the gluten-free ones!

Eunice Basaraba,
Wolfville, NS

Dear Promin Editors,
Please find enclosed a cheque to cover my subscription for two years as well as a donation in memory of all Oakburn, Manitoba area pioneers from 1899-2020. May they long be remembered! God bless us all in these challenging times!
У світлий день Христового Воскресення, веселих і щасливих Свят!

Mickey Hersak,
Oakburn, MB

Dear Promin,
Enclosed is a renewal and a memorial donation. Congratulations on the new format of Promin. It is excellent! One special recipe published many years ago is the "Bread Machine Paska". This is enjoyed year-round, especially when made by our granddaughters as a "Teatime Treat". Thank you.

Millie Walkovich,
Pickering, ON

Betty,
I'd like to congratulate you and your assistants for the wonderful job you are doing at organizing Promin. I enjoy reading it very much.

Olga Predy,
Smoky Lake, AB

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

UWAC National President

Darcia Moskaluk-Rutkay
President

MESSAGE FROM NATIONAL PRESIDENT, DARCIA MOSKALUK-RUTKAY

These are not normal times. As we manage our way through a pandemic unlike anything we have seen in a century, I, together with my husband, Robert, hope that you and your families are safe and well. Since my last message, the world has become a very different place. We have experienced horrific events. Loved ones becoming ill with this horrible scourge and surviving. Others, not as fortunate, dying of it. Our seniors in places we thought would be safe, unsafe. Churches closed for weeks.

Це не звичайні часи. У часі цієї пандемії, нечуване протягом століття явище, я разом з чоловіком, Робертом, сподіваюся, що ви та всі ваші близькі в безпеці та в здоров'ї. Від останнього разу, що я писала до Вас, світ став зовсім іншим місцем. Ми пережили жахливі події. Знайомі наші захворіли та вижили, а іншим не так пощастило. Старші люди, які по своїх старечих домах повинні були бути належно доглянені, виявилися загрожувані та занехаяні! Церкви закриті вже тижнями.

My hope is that by the time you receive this issue, the worst of it will have passed. I hope that you and your loved ones do not give into the lunacy that seems to be overtaking the impatient. Thankfully, we have not experienced years of war, hunger or concentration camps, but we have listened to the stories of our parents and grandparents, who have, and, as Ukrainian Canadians, we have a deeper understanding of this calamity and know that sacrifice is for the common good.

Я сподіваюсь, що до цього часу все найгірше минуло. Я сподіваюся, що ви і ваші близькі далі терпеливі. Ми як канадці українського походження глибше розуміємо оцю катастрофу, бо наші предки пережили голод, війну,

і тому подібне. Жертвування—зміцнює характер людини.

Я низько кланяюся перед передовими медичними працівниками, які щодня виконують небезпечну роботу. Вони біжать до вогню, а не втікають від нього. Я дякую працівникам необхідної служби, які спостерігають наші потреби; продуктовим службовцям, які забезпечують їжу мільйонам; працівникам першої необхідньої допомоги, які щодня доглядають людей по старечих домах та в лікарнях; працівникам ресторанів, які годують людей.

I bow down to the front-line health care workers, who put themselves a risk every day. They are running into the fire, not away from it. I thank the Emergency Medical Service workers, who are on standby for us should we need assistance; the grocery clerks, providing food for millions; essential care workers, who look after the most vulnerable in care centers and hospitals; restaurant workers, who provide food and groceries to the public.

I thank our clergy, Metropolitan Yuriy, all the Bishops, Chancellor Taras Udod, all Reverend Fathers, Readers, Cantors, Choirs and technicians. You have provided us with your heartfelt published messages of hope, your permission to live stream, your technical ability to bring regular and Easter services into our homes. I thank the clergy, who have properly socially distanced and have provided the most inspirational services and sermons via live streaming. Cantors and choir members who have sung services are very much appreciated. Easter was certainly different this year, however church service attendance increased and was more frequent. You brought the church into our homes.

Я дякую нашому духовенству, Митрополитові Юрієві, усім Єпископам, Голові Предзидії, отцеві Тарасові Удод, усім преподобним отцям, читачам, дякам, хорам та технікам. Ви уділили нам надію своїми словами через інтернет; ви дали дозвіл розповсюдити служби Божі технологією. Я дякую священнослужителям, які, ізолізуючи себе належно, проповідували через прямі переклади по інтернеті. Похвала належить дякам та членам хорів, які співали служби. Великдень цього року безумовно відрізнявся від попередніх Великоднів. Він був менш соціальний, але кількість учасників на Службі збільшилося значно, як і разів учащання на церковних службах. Служба Божа постукала в двері наших домів.

Між іншим в цих часах не легко ховати близьких. Священники самі підтримують родину на дусі. Нема як

спільно тужити. Я ціную їх вклад у цій справі.

Coping with death in these times has not been easy. Priests have been dealing with burials alone, supporting families without the healing balm of communal grieving. I appreciate their efforts in this regard.

The scheduled UOCC 24th Sobor, July 15th – 19th, 2020, in Winnipeg at the CanadInns Polo Park has now been postponed until the summer of 2021.

Запланований двадцять четвертий Собор УПЦК 15-19 липня, 2020 року у Вінніпезі відложено до літа 2021 року.

I would also like to remind everyone to help your home parishes with continued donations. Bills need to be paid. Church is our second home, after all.

Я заохочую Вас далі жертвувати своїй парафії, бо там далі є видатки. Треба заплатити рахунки сяк чи так. Церква теж є наш дім.

Тим часом зробіть все, що потрібно, щоб зберегти себе. Продовжуйте робити те, що Вам приємно. Я чула, що деякі члени готували варенники для робітників швидкої допомоги, інші влаштовували обіди та вечері для працівників фронту. Зверніться телефонічно до людей старшого віку, що сидять самі вдома. Підтримуйте контакт з іншими через інтернет або телефоном; плануйте віртуальні соціальні зустрічі. Вона цікаві! Читайте книги з українською тематикою, українською або англійською мовами, формуйте віртуальний книжковий клуб, діліться зі своїми друзями. Будьте терпеливими. Будьте добрими. Простіть!

Через два місяці я напишу про успіхи нашої організації та причини чому вона далі життєздатна. Я детально розповім про нашу співпрацю з іншими організаціями, продемонструю вплив на канадське суспільство та на діаспору наших членок.

Do what is needed to keep yourselves safe. Continue to do what makes you happy. I have heard that some members have prepared "varenyky" to feed emergency department staff, made lunches and dinners for front line workers. Reach out to older citizens with phone calls. Keep in contact with others through the internet or phone calls; plan virtual social nights. Read books with Ukrainian themes in either Ukrainian or English; form a virtual book club; share with your friends. Be patient. Be kind. Be forgiving.

In two months' time, I will continue with my planned focus upon our organization's current success and why we remain viable in today's world. I will elaborate upon our involvement with other organizations; I will demonstrate the impact upon Canadian society and upon the diaspora of members of the U.W.A.C.

Remember, never to fear the power of evil more than your trust in the power and love of God!

Пам'ятайте, ніколи не бійтеся зла більш як вашого довір'я в силі Божої л'юбови!

Your Humble Sister in Christ,
Ваша смиренна сестра
в Христі,

Darcia Moskaluk-Rutkay
Одарка Москалюк-Руткай

Відділ Союзу Українок Канади при Катедрі св. Івана вшанував довголітніх членок – світле минуле

Пропущенно звітувати про Членську Вечерю нашого відділу яке відбулося 7-го червня, 2017 р. Наш відділ справляє цю вечерю кожного року, а тому, що цього року, через ковідський вірус вечері не буде, ми споминатимемо вечерю 2017-го року. Господиня вечора, Орися Звоздецька Цьона, відкрила вечерю та попросила преосвященішого Владика Іларіона та о. прот. Стефана Семотюка провести молитву. Слідували вітання голови громади, Мирослава Качмаря; краєвої голови Союзу, Лесі Перритт, та провінційної голови Союзу, Вівіянни Скакун.

Слідувала смачна вечеря, приготовлена кухаркою Катедри, Максіною Закордонською, та подана чоловіками громади (такий у нас звичай). Між іншим, ці обслуговники також купують нам вино того вечора!

Після вечері виступив Ансамбль Чайка під проводом бл. пам. Людовика Маріянича.

Такі членки тоді були представлені та вшановані: за 40 років членства—Галина Домитрак, Мирослава Загарія; за 50 років—бл. пам. Марія Бартко, Василина Даркович і Джералдін Наконечна; за 70 років—Вікторія Лазарук і бл. пам. Наталка Мельничук; за 80 років членства—бл. пам. Анна Звоздецька.

За звичаєм нагороджено щасливих присутніх різними нагородами (door prizes). Завжди приємно бачити хто що дістав!

Збереглися лише кілька фотографій того вечора.

Леона Фарина Бриджес
Мирослава Хом'як, фотографії та програма вечора

***Far left:** Left to right - Father Stephan, Anna Zwozdesky, His Grace Bishop Ilarion, Christine Zwozdesky, Iris Ciona, Oryssia Lennie*

***Left:** Left to right - Iris Ciona, Isabelle Darcovich, Oryssia Lennie*

PROFILE OF A COMMUNITY LEADER – *Julia Elaschuk*

A common concern voiced by members of the Ukrainian Women's Association of Canada are questions of the organization's sustainability and relevancy. St. John's Cathedral Branch of UWAC is experiencing innovative and challenging projects under the direction of its President, Julia Elaschuk. Considered a forward-thinking, "outside the box" leader, this interview, probing her motivations, objectives and leadership style, suggests a future for the organization that is viable and vital.

1. What made you decide to take the position of President, St. John's Cathedral Branch, UWAC?

Never intending to be President, I wanted to use the organization as a vehicle to give back to the community. I don't just belong to an organization; I endeavor to be an active contributing member. I responded to the need for a President and the faith and confidence expressed in me by members to take on this responsibility.

I chose to belong to UWAC because the Provincial UWAC Executive supported fully the Ukrainian Story Theatre Productions, a project of mine begun in the 70s. As children's theatre, it gave primacy to the Ukrainian culture and language with a set of videos produced in 1983 for school curriculum and which are still available for use. I also demonstrated to my two children who were enrolled in the bilingual program, that Ukrainian was a living language.

2. As a member and a leader in the organization, in your opinion what holds the organization together?

Active members, a shared vision and concrete activities/projects hold an organization together.

From my experience as a theatrical director and public school administrator, I've learned that one needs a vision coupled with practical knowledge about implementation to realize that vision. But, to get there, I need people with the skills to implement the ideas. It means being open to the ideas of the people one is involving and being respectful of what they have accomplished. It means sharing the leadership role. It means being able to "seize the moment". Member input is essential in moving the organization forward.

3. What challenges have you faced in pursuing your goals?

Simply put, it is difficult to change practices of the past—habits and approaches characterizing previous activities. Secondly, woman power is another problem. Women are so busy in today's world with their careers and families, it leaves no time for on-going organizational work. The interpretation of the goals of the organization have changed given changes in social structure, communication issues, and needs. With new technologies, women are not isolated as they were in the past. An organization cannot compete with these things that are better provided elsewhere like cooking and exercise classes, and entertainment. Finally, there does not

appear to be the same commitment to the religious and cultural values that UWAC is based upon.

4. How do you deal with these changes in society? Is there scope in the organization in these new times for what you want to achieve?

I have to be aware and careful to involve members in ways that recognize their talents and constraints. It's a question of steering people in areas they are comfortable with and can succeed.

5. Does the organization offer you the scope you need to accomplish what you want to do?

There is scope if we enhance our contribution to the community and provide more community service; for example, addressing needs of the needy and new immigrants. We need to do more for society, to broaden the scope of our activities beyond the parish—we have to "get out of our box."

6. Recently you embarked on a project that is challenging and tests your ability to lead the organization in new directions. I am referring to the branch's commission of twelve mosaic panels to celebrate the 100th Anniversary of the Ukrainian Orthodox Parish of St. John that will be mounted in the Cathedral's Cultural Centre. Can you tell us about it and the success you have had to date with this project?

Concrete, time-specific projects seem to appeal to our community. "Recognizing the moment," the Mosaic project, motivated by the upcoming 100th year anniversary of the Cathedral, is building a community of activists and enhancing our sense of community. The twelve mosaics commissioned with a renowned Ukrainian Canadian artist involve concrete, hands-on activities in which everyone in the community can participate, relate to and see as a benefit for themselves and others. The mosaic artist encourages individuals to come and place tile pieces and Ukrainian artifacts on the designs she has created—objects they are willing to donate and incorporate into the mosaic itself. It is both a personal and physical experience, as they work with the artist to create these works of art. When the panels are mounted on the walls, the people involved develop a sense of ownership that is something beyond simply the beautification of the cultural center. They see themselves and their part in the creation of these mosaics.

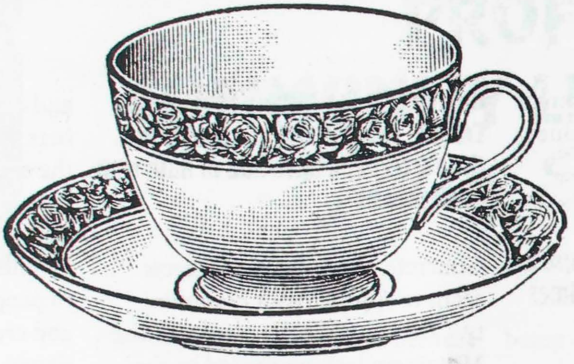
The project involves all sectors of the church community and meeting and dialoguing with church members of all ages. The artist has based the content of the mosaics on input derived from these gatherings. My part in this process has been much behind the scenes, lobbying, talking to people, making personal contact and creating a ripple-effect that has drawn in many individuals, including non-members. "Recognizing the moment," the project has built a community of activists, something that often is sorely lacking. Our branch of the Ukrainian Women's Association of Canada has become that community and more.

7. Any last words?

My hope is to leave a legacy of a solid organization.

In answer to the question "Is there a future for the Ukrainian Women's Association of Canada?", the response is a resounding "yes" if leadership is innovative, bold and takes on challenging projects, as Julia Elaschuk has done. To judge the success of a branch, given the involvement and participation of its members in projects that build and engage community, the St. John's Cathedral Branch stands out!

Submitted by Elaine Verchomin Harasymiw



UWAC HANKA ROMANCHYCH

Membership Tea

Our branch held the annual membership tea on February 16,2020 at the Ukrainian Orthodox Church of All Saints. We were pleased to have our sister branch UWAC Olha Kobylianska members present as well as several parishioners.

Rev. Peter Wasylenko opened our afternoon luncheon with prayer. This was followed by a delicious luncheon of salads and sandwiches prepared by our ladies. The program followed the entertainment provided by the Holosy choir, which includes several of our members. They entertained us with several amusing melodies.

The program was opened by Mary Humen, President of the Branch. Mary welcomed those present and conveyed the message of the importance of sisterhood. We work with talented and amazing ladies who share their skills in preparation and presentation of foods.

Greetings were brought by Carol Cisecki from the UWAC Olha Kobylianska sister branch. Working together on some occasions has brought us closer and is enjoyed by all. Carol wished us all the best in the coming year.

Members and guests at the tea.

We honored our long-standing members. Sylvia Boychuk, our Membership chair, presented the impressive biographies of these ladies.

Honored members were: Alice Nicholaichuk (55years); Sylvia Bobowsky (55); Sonia Sokyrka (45); Sharron Semeschuk (35); Patricia Kerelchuk (35): Cheryl Fedusiak (25); Dobr. Karen Wasylenko (5); Anne Dragan (5). We presented them with a bouquet of flowers and their certificates (грамоти) for their dedication to the UWAC.

We then introduced two new members and one returning member to our branch—Patricia Ciona, Joanne Skoretz and Evelyn Wojcichowsky. These ladies have been very supportive over the past year and we are so fortunate to have them as our members.

We then held our Promin draw, where a member receives a year's subscription of Promin to enjoy. Patricia Ciona was our lucky winner. She will enjoy a truly informative journal and we hope she continues to do so for many years. The 50/50 draw was won by our own Dobr. Karen who is always a very lucky lady in draws.

Cecilia Kachkowski closed the formal part of the afternoon. She thanked all the people for attending and wished us success in all continuing events as we all work in harmony. The afternoon concluded with a delicious dessert serving of various tortes. These were prepared by ladies of the UWAC Hanka Romanchych Branch.

Submitted by Sonia Sokyrka

Celebrating 40 Years Ukrainian Museum of Canada, Calgary Collection 1977-2018

On Sunday, November 25, 2018, following the Divine Liturgy, parishioners, invited donors, and guests proceeded to St. Vladimir's Cultural Centre, where they were welcomed by the warm and cheerful atmosphere of a 70's style Silver Tea and Open House.

At the entrance, a tastefully displayed sample of museum artifacts proudly conveyed the accomplishments of 40 years of fervent commitment by a small group of determined women with vision.

Following the opening welcome and prayer, a luncheon reminiscent of the 1970's with its dainties and delicacies was served. Tea pourers were Lesia Woloschuk, Pat Slusarchuk, Joan Popowich and Vivian McKee. Efficient servers and kitchen staff ensured that guests were well satisfied.

A history of the Calgary Collection was compiled by Elaine Holowach-Amiot and delivered by Marlene Mysak. Her power point presentation clearly illustrated the foresight and dedication of volunteers, supporters and donors through the years, and highlighted the significant milestones in the museum's evolvement. In the early stages, a collection of Ahafia Bidniak's hand woven shirts and blouses was entrusted to Mary Chernezky, who recognized the need for a permanent home for such rare treasures. Thus, the Calgary Collection had its beginnings, with Anne Krupnik as its first chair.

In those formative years, money and donations from Olena Kowal, Doris Yanda, Calgary's Olha Basarabova Branch of the Ukrainian Women's Association of Canada and the Secretary of State Citizenship Branch set the course for the museum's growth, its affiliation with the Ukrainian Museum of Canada, and the eventual membership in the Alberta Museums' Association. A permanent space was allocated for the museum upon completion of the new church. Financial support continues to come from our local UWAC, the Calgary branch of the Ukrainian Self Reliance Association, the Alberta Ukrainian Self Reliance League, the SUS Foundation of Canada, the Ukrainian Canadian Professional and Business Association of Calgary, the museum's gift shop and the many school groups that visit annually. A significant part of the program was the honouring of two important women, Jean Mekitiak and Olga Kurczaba. Jean's interest in the museum began with its inception and it soon became her passion. To this day, she continues to take every opportunity to learn about procuring, storing, cataloguing and displaying artifacts. She attends museum conferences and workshops and maintains liaisons with museums across Canada. For 20 years, she was chair of the Board, and in spite of her 96 years she continues to serve as curator and advisor and still fascinates visiting school children with her weaving demonstrations.

Olga has been very involved with many aspects of church life since the congregation's inception in 1938.

Clockwise from top left: Marlene Mysak presenting a power point history of museum activities; Olga and Orycia Kurczaba; Photos of early volunteers; Suitcase display of items sold in the 1980's; first blouse donated in the 1960's.

It was inevitable that she became a member and supporter of the museum, donating items and historical insights, as well as assisting with necessary tasks. In 1999, the museum hosted the Calgary showing of the very successful Flowers of the Bible Exhibition. In recent years, under the very capable direction of Zennovia Haydey and loans from the Alberta Branch of the Ukrainian Museum of Canada, two exhibits – "Celebrating the Art of Pysanky" and "Children's World" – delighted many visitors. For the last seven years, the museum's display at Calgary's Ukrainian Festival has drawn considerable interest and has rekindled pride and interest in those of Ukrainian heritage.

The Calgary Collection has participated in numerous community events and, along with its very popular school programs, has come to be known to many as a beautiful treasure chest of Ukrainian culture, traditions and pioneer history.

Repectfully submitted by Orycia Kurczaba

The Spirit of Beads: Sharing our Stories
Дух намистин: нанизуючи перекази

Upcoming Exhibition at Ukrainian Museum of Canada, Ontario Branch

On September 7th 2018 during Ontario Ukrainian Heritage Day at St. Vladimir Institute, Ukrainian Museum of Canada Ontario Branch President Daria Diakowsky was guiding Lyndon Blackbird, a board member of the Native Canadian Centre of Toronto (NCCT), through the museum's current exhibition. When he commented on the similarity between the gift shop's gerdany and Indigenous beadwork, an idea was born. I am thrilled to announce that the Ukrainian Museum of Canada Ontario Branch and our neighbours at the Native Canadian Centre of Toronto are planning a co-produced exhibition titled The Spirit of Beads: Sharing our Stories (Дух намистин: нанизуючи перекази). It has been my pleasure to work with the museum developing this exhibition, which will be opening in Fall 2020.

The name of this exhibition is derived from the Ojibwe word "manidoomin", meaning "beads", which is often translated in English as "spirit berries". In Ojibwe, nouns are classified as either animate or inanimate. Beads are regarded as animate because of their ability to encode deep meaning and significance. The Naskapi in Quebec were some of the first Indigenous people in Canada to encounter seed beads while trading with Europeans, and they referred to them as "gifts from the spirit world." There is a similar emphasis on the cultural and spiritual importance of beadwork in the Ukrainian tradition, in which beads have deep symbolic significance as objects of wealth, power, and protection. In both cultures, beads are used to depict relationships with the natural world and important value systems that are integral to the livelihood of their people. Contemporary artists continue to use beadwork as a powerful medium that represents the resilience of their culture and its enduring vibrance. In many cases, creating beadwork is an opportunity for contemporary artists to connect with their ancestors and family members, bringing people together and sustaining traditional values and beliefs.

After learning this information, UMC Ontario Branch was inspired to focus our exhibition on beadwork and its significance, examining the similarities and differences in techniques, motifs, and symbolism among the many types of traditional Indigenous and Ukrainian beadwork. This exhibition includes historic and contemporary beadwork and will explore how this art has come to represent the complex identities of these cultures. The exhibition will address the history of the bead trade in North America and Ukraine, tracing the origin of beads from natural materials such as stones, shells, and bones to commercially-manufactured beads. The Spirit of Beads: Sharing our Stories will include a selection of many forms of beadwork, including clothing, necklaces, pendants, and earrings. Displays will feature modern pieces of beadwork from contemporary artists alongside historical objects from Ukrainian Museum of Canada, Ontario Branch and the Native Canadian Centre of Toronto, demonstrating how modern beadwork re-invents and expresses past and present understandings of cultural identity.

In connection with this exhibition, the museum is planning a series of events and programmes to broaden and enhance exhibition content. This will

From left to right: *(GAUNTLET) Detail of beadwork depicting a floral motif on a Plains gauntlet Image courtesy of NCCT, used with permission; (BAG) Detail of Athabascan floral beaded bag Image courtesy of NCCT, used with permission; (VEST) Detail of floral beadwork on child's vest using opaque glass seed beads. Photo from UMC OB's permanent collection; (VEST) Detail of beadwork and embroidery on vest depicting kalyna, or viburnum berries. These berries were consumed in many Ukrainian dishes, and were believed to have healing powers. Photo from UMC OB's permanent collection; (GERDAN) Detail of contemporary beaded necklace, made in the style of Ternopil, Borschiv. Photo from UMC OB's permanent collection.*

include a Speaker's Series, featuring individuals from Ukrainian and Indigenous backgrounds discussing relationships and history between Ukrainians and Indigenous people, both in modern and settlers' times. Additionally, Ukrainian Museum of Canada, Ontario Branch and the Native Canadian Centre of Toronto will be hosting a range of beading workshops open to the public, where talented Ukrainian and Indigenous artists will share their expertise and traditional knowledge to teach participants how to make earrings, necklaces, and other traditional pieces. This will include a workshop with beading expert and artist Maria Rypan of Rypan Designs, who will be sharing her expertise on making Ukrainian gerdany. We will also be welcoming Katie Longboat, an accomplished artist and teacher, who creates beautiful contemporary pieces bringing together Mohawk and Cree beading techniques and contemporary practices. These workshops will be available to all experience levels, with opportunities to engage all ages, from children to adults. This will be n excellent opportunity to share cultural knowledge, and broaden understanding of the traditions, values, and practices that unite us through art.

Additionally, UMC Ontario Branch will be partnering with Ukrainian Shumka Dancers for an exclusive Toronto showing of the filmed performance of Ancestors and Elders, and the accompanying documentary film Dancing on Eggshells. Ancestors and Elders is a dance performance featuring Ukrainian Shumka Dancers and Running Thunder Cree Dancers and Drummers, which tells the story of early Ukrainian settlers in Alberta and their relationship with local Indigenous people who live there. Dancing on Eggshells, directed by Edmonton filmmakers Leslie Sereda and Steven Glassman, is the accompanying documentary piece which follows Co-Directors Barry Bilinsky and Joseph Hoffman as they navigate the complexities of representing their cultures' histories through dance. A panel discussion will occur regarding the documentary and the process of creating it. This event will address how Ukrainians in Canada are initiating partnerships with Indigenous groups in order to promote cultural appreciation and respectfulness between Ukrainians and Indigenous people living in Canada.

This exhibition will be an exciting and unique event for UMC Ontario Branch. Despite the currently uncertain circumstances, the museum is progressing with planning this exhibition and is optimistic that it will open as scheduled. It is hoped that this will be the beginning of a long-lasting partnership with our friends at the Native Canadian Centre of Toronto and facilitate an increased understanding and appreciation of the communities that both organizations represent. On behalf of UMC Ontario Branch, I am very excited to announce this exhibition, and look forward to seeing this partnership unfold throughout the next few months.

Lily Stafford
Assistant Exhibition Convenor
Ukrainian Museum of Canada, Ontario Branch

Рідне слово

Перша редакційна журналу «Промінь»

Повідомлення редакторки: З нагоди 60-ліття журналу «Променя», подаю редакційну статтю першого числа «Променя», написана Наталею Когуською, першою редакторкою журналу (січень, 1960р.). Тут ясно вияснено оригінальна місія журналу. Дві великі теми—права жінки та українська національність.

Поява цього першого числа журналу, це не перше видання Союзу Українок Канади, який вистояв при громадській роботі 33 роки і зріс у силу—це продовження, чи зміна форми нашого часопису—до цієї пори ми мали одну сторінку раз у тиждень в «Українськім Голосі» п. н. (при назві) «Сторінка Союзу Українок Канади», яка була редагована організацією через 32 роки. Переходимо отже зі сторінки на журнал. Сьогоднішнього часу, зі зростом організації, сторінка не є вистачаючою. Протребуємо більше місця, щоб розгорнути нашу думку, щоб обговорювати та розв'язувати наші проблеми, щоб плекати між молодим жіноцтвом гордість свого походження і скеровувати їх на дорогу служіння народнім ідеалам.

Перед українським жіноцтвом у світі взагалі лежать великі завдання. Українська жінка в Україні сьогодні поневолена, позбавлена прав, бути зарепрезентована в світі в міжнародних жіночих організаціях, засідати поруч жінок інших народів, невідома для світу у своїй духовності ані у своїх стремліннях, ще більше того, позбавлена навіть того людського трактування, ограбована з достатків і волі, силою загнана в колгоспи, де віддає свої фізичні сили для ворога-окупанта її землі. Українське ж жіноцтво розсіяне по ріжних країнах а то й частинах вільного світу має плекати між собою єдність думки, щоб виявити перед світом обличчя українки, своє зовнішнє і духове «я».

В сьогоднішніх часах ми мусимо шукати нових доріг, ми мусимо гартувати свого духа і запрягти до праці всю міць нашої душі. Живемо в нові добі, в добі атому, ракет і безліч нових винаходів, що відвертають нашу увагу, що поглинають наш час. Відгороджені залізною заслоною від землі наших батьків, віддаляємося від нашого народу. Питання світогляду молодшого покоління на українську справу турбує нас всіх таки чимало, а особливо турбує воно нас, матерів, бо на нас спочиває та відповідальність за їхній світогляд і їх відношення до української справи.

Журнал обіймає різні сфери життя—громадсько-суспільного, події у світі, культуру, господарські справи, українське народне мистецтво, здоров'я, плекання почуття гідности свого походження серед молодших, виховання.

Читачі журналу знайдуть тут частину і в англійській мові. Можливо, що не всім це сподобається, однак в англійській мові пишемо не для того, що маємо намір занехати українську мову, а навпаки, за посередництвом мови приступної для

тих, що не мали спромоги навчитися свого письма, щоб пізнати важливість знання мови батьків і пізнати красу і багатство культури народу з якого вони походять, і щоб їх українською справою зацікавити.

Ще одне дуже важливе завдання журналу—плекати думку організованности української жінки. В збірній силі організації ми маємо можливість служити справам свого народу. На цей шлях ступило українське жіноцтво в Канаді вперше в 1926 році, зорганізувавши Союз Українок Канади. І через ввесь той час ми несемо на своїх прапорах гасло—служба народнім ідеалам.

Ми кожного дня мусимо підсилювати віру у свої духові вартости—особисті й національні; нам треба визнавати себе як українки, що живемо у широкому і вільному світі, визнавати ідеали українського народу і змагати до них збірною силою; нам треба визнати своє призначення, що несемо свою добровільну службу для справ суспільних, культурних і громадських.

Йшли ми досі до всіх тих цілей різними дорогами, живим—і писаним словом ширили ми нашу думку, ішли в міру наших можливостей і обставин. Та ось виходимо на нову дорогу—це наш журнал, якого завданням є продовжувати традиції організації, ще сильніше скріплювати наші цілі, завдання і наше місце в світі, а рівночасно служити справам українського жіноцтва у світі.

Здаючи собі справу з того всього і приступаючи до видання цього журналу, хочемо вірити, що він знайде належне місце серед українського жіноцтва, що стане він лучником нашої думки і буде служити тим ідеалам, до яких прямуємо, за які змагаємось і будемо змагатись у вільнім світі вільним словом.

Центральна Управа Союзу Українок Канади довший час застановлялася над назвою журналу, яка би символізувала його завдання і напрямні. Промінь—це соняшнє світло, що проникає в найглибші закутини, освітлюючи й огріваючи все собою на що лиш упаде. Під ласкавим промінням сонця все в природі цвіте і дихає здоров'ям, сповнене кольору і блеску. Проміння сонця несе день і підводить людей до праці, до чину. Промінь завжди чистий, світлий, а упавши на дорогоцінні речі, грає райдугою кольорів.

В символічному значенні завдання цього нашого «проміння» є також проникати в найглибші частини нашого національного організму, освітлювати й огрівати душу, тих, що утомлюються на ниві громадської праці, і тих, що з незалежних від них причин, не мали змоги увійти в український громадський рух, щоб служити народнім ідеалам. Під ласкавим «промінням» нашого журналу хай формується світогляд українки і хай він буде здоровий, сильний, сповнений краси і сили. «Промінь» хай буде днем, що кличе нас до діла, до спільної, творчої, народної праці.

Слово Краєвої Голови Союзу Українок Канади – До нашої історії січень, 1960 р.

Можливо, що сьогодні декому ще й неможливо оцінити справедливо ту велику і багату діяльність першої жіночої організації Союзу Українок Канади так, як вона на це заслуговує. Але все ж таки вже й тепер з певністю можемо ствердити, що колись дальші покоління, коли будуть оце наше століття в історії українського народу студіювати, зокрема зауважать, що до української національної скарбниці в Канаді, Союз Українок Канади вложив великі скарби своїми досягненнями, працюючи на народнім полі.

Історія і праця Союзу Українок Канади є надто велика, щоб її можна охопити в рамках моєї скромної статті з нагоди видання першого числа журналу.

Підсумовуючи працю Союзу Українок Канади за тридцять роки можна сказати, що організація розрослася як те велике розкішне національне дерево, яке пустило своє коріння глибоко в родючу землю, розгалузилося в різних напрямах нашого культурно-освітнього національного життя і зродило нам бажані овочі.

Цілі і завдання були ясно виточені від самих початків і тієї лінії твердо трималося зорганізоване жіноцтво—а саме, щоб національно пробудити і культурно піднести українське жіноцтво, витворити правильний погляд на наші обов'язки супроти українського народу з точки погляду горожан Канади, зберігати та розвивати народні культурні цінності, дбати про релігійне і культурне виховання дітей і молоді.

Цілі і завдання Союзу відкривали широке поле діяльности і розгалужувались на поодинокі ділянки праці. Та праця поширювалась різними способами. Велика праця провадилася на сторінках «Українського Голосу» де кристалізувався світогляд українського загалу, а зокрема нашого членства.

Великі заслуги належать «Українському Голосові» в поступі і розвоєві Союзу Українок Канади. «Український Голос» без сумніву і надалі лишиться для нашого членства розумним провідником, що указує добру дорогу і провадить до певної мети.

Союз Українок Канади все йшов назустріч українському суспільству в різних потребах і за час існування організації видано велике число книжок і інших матеріялів, які, як в Канаді, так і поза її межами причинилися до піднесення української культури. Щоб забезпечити видавничу працю книжок Союзу створено Фонд Фундації ім. Наталії Кобринської, який зростає у велике майно Союзу з кожним роком.

Тяжко описати поодиноко всі заслуги і здобутки Союзу в короткій розвідці, але зокрема треба згадати, що Союз Українок був перший в Канаді, що видвигнув думку створити власний музей українського народного мистецтва, яка була предложена ще 1922 року, на з'їзді Інституту ім. П. Могили. Від самих початків заснування Союзу, організація проявила велику діяльність на полі українського народного мистецтва і дійшло до того, що сьогодні великий музейний осередок в Саскатуні, з чотирма музейними філіями по різних провінціях, містять в собі

великі скарби народної культури, нараховуючи тисячі експонатів.

Співпрацюючи з Канадійською Національною Жіночою Радою та іншими канадійськими організаціями, Союз репрезентує гідно свій народ перед обличчям світу і віддзеркалює життя своєї нації, чим доказує, що організовані українки із своїм знанням, своїми здібностями та працьовитістю рівняються духово з жінками інших народів.

Багато своєї праці Союз Українок Канади присвячує вихованню молоді. Постійно закликає матерів, що головним чинником у вихованні дітей є дім, який має зберігати нашу рідну мову, релігію й національну традицію. Поза те Союз допомагає в організації молоді та призначує щорічні стипендії за найкращі написи українських студентів.

І так з кожним роком Союз Українок Канади зростає для служби своєму народові. Сьогодні має за собою неперелічимі осяги. В рядах свого членства Союз Українок Канади має кілька тисяч свідомих, ідейних та щирих жінок, які розуміють організаційну дисципліну, притримуються вказівок проводу, щиро і гідно виконують свою працю на місцях.

Без найменшого вагання можна сказати, що Союз Українок Канади є найбільша українська жіноча організація не лише в Канаді, але певно і в цілім світі. Союз має за собою працю надзвичайної історичної ваги. І знов велика історична подія, яка стала доконана в цім році, завдяки ідейного, карного і поступового членства, яке прислуховується до центрального проводу і попрацювало над справою видавання власного журналу.

Правдиві слова поетки Уляни Кравченко, яка сказала: «Лиш вірою ви будьте все сильні, любов'ю щасливі, жнивами веселі!»

Наша віра в ту велику працю для нашого народу, віра до тих обов'язків, які ми взяли на себе принесла нам жнива, радість, в наших руках власний журнал, який дасть нам багато задоволення. Працюймо і надалі з тією самою сильною вірою, а наша праця в майбутньому подвоїться.

В цей радісний момент, коли ми перегортаємо сторінки нашого нового журналу, я з великою приємністю згадую нашу редакторку, пані Наталку Когуську.

Пані Когуська взяла на себе цю тяжку та відповідальну працю редагування журналу. Пані Когуська довголітня провідна членка централі Союзу Українок Канади, яка відзначається, як талановита письменниця, довголітня редакторка сторінки Союзу Українок Канади в «Українськім Голосі» і яка доложила багато труду і праці в розбудові нашої організації. В особі пані Когуської ми маємо ідейну і цілком віддану справі редакторку. Ми повинні почувати себе щасливими, що маємо в своїх рядах таку особу, яка заслуговує на повне довір'я і щиру підтримку в її праці для всього жіночого загалу.

Софія Василишин,
голова Союзу Українок Канади

COVID-19, FOOD SECURITY AND GARDENING IN THE KITCHEN

The world is in unprecedented times.
COVID-19, the unseen enemy, has halted all normalcy. Most worrisome is how the coronavirus spreads in the community. People that are not sick, not coughing, do not have a temperature and are asymptomatic are infected and not aware of it. They are spreading the virus or "are shedding the virus." With no vaccine and no cure for COVID-19, this very contagious virus has continued to take lives.

Directives. Our government and health officials at all levels—local, provincial and national, as well as Ecumenical Patriarch, His All Holiness Bartholomew, His Eminence Metropolitan Yurij, and His Grace Bishop Ilarion have provided us with directives about how to take care of ourselves and what we should do to keep ourselves and our families safe, healthy and free of COVID-19.

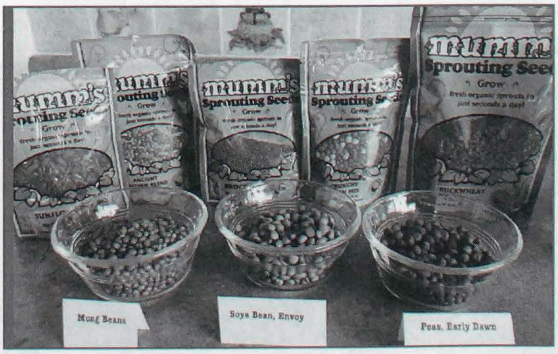
Most Alarming is how Maslow's Theory of Motivation is in full display in real time. Fear of lack of basic needs has resulted in accelerated panic buying and hoarding of large quantities of products (Bev Betkowski, March 26, 2020.)

Content of Article. Food security is in jeopardy because of our dependence on industrialized farming, such as large feed lots, thousands of chickens raised in a confined space, and other specialized producers that have replaced the small local farmers. Large meat plants are closing due to COVID-19; truckers are experiencing a challenge delivering products; the supply chain is erratic as we cannot find basic things like flour, gluten-free rice flour, yeast, sugar, canned and dried goods. Seed companies are experiencing triple the volume of orders and are supplying customers with garden seeds intended for 2021 orders. What are the implications for each of us? How should we live? What can we do in our homes and in our kitchens for greater food security and self-sufficiency?

First, we need to become more informed. One hundred and sixty-three academics, farmers, representatives of food and environmental organizations, and others signed and sent an open letter to Prime Minister Justin Trudeau and to our Ministers of Agriculture, Fisheries and Environment about how the disruption of our ecosystem is impacting our food security, emphasizing the need for "transformative" changes in light of the pandemic crisis. (Kowalchuk, Kristine, April 17, 2020.)

Prime Minister Trudeau and the other ministers are called to take action to support a shift from the industrial model to the agro-ecological model of agriculture. The suggested call to action includes a ban on the use of pesticides and chemicals, closure of fish hatcheries, ending government subsidizing industrial farming, establishing policies to support small farmers in the transition to agro-ecology, campaigning to explain what agro-ecology is and encouraging all of us to participate in backyard and community agro-ecological "Victory" gardens (during the War, citizens produced their own produce through Victory garden initiatives).

Social distancing and staying at home provide an excellent opportunity for more of us to garden and cook our own food. We can make a double recipe of soup, putting the leftovers into a hot jar and sealing it with a snap lid. This sealed jar can be stored in the refrigerator for lunch the next day or so.



Sprouting seeds and packages of Mumm's sprouting seed produced in Saskatchewan

With the increase in sales of seeds, it appears many citizens intend to garden. The more food we freeze, dehydrate or put into cold storage, the more self-sufficient we will be. We can find wild food sources, such as high bush cranberry, saskatoons, blueberries, gooseberries, chokecherries and make our own jams, jellies, pie fillings and juice. We can make our own maple syrup.

Do you have fruit trees in your back yard? Take the time to pick and preserve the fruit for use later in the year. Avoid using chemicals. Learn how to compost. Use this time to learn about sprouting seeds in your kitchen.

Sprouting seeds.
You can grow your own sprouts for your stir-fries, salads and wraps. The steps are quick and easy. You require sprouting seeds, a mason jar, cheesecloth, an elastic band and rinsing water. Sprouting seeds can be purchased from some organic health food stores, garden seed catalogues, or websites such as Vesey's, T&T, or West Coast seeds. Some companies specify that the sprouting seeds have been screened for E. coli and salmonella and are organic.

Health Benefits. Sprouts are easy to digest, are extremely nutritious, and are rich in vitamins and minerals. Dr. Talalay, M. D., former researcher of John Hopkins University, found that three-day old broccoli sprouts contain twenty to fifty times the amount of sulforaphane than mature heads of broccoli. This compound helps prevent tumors from forming (Meyerowitz, 1993, p.121).

Method. Soak your seeds in a mason jar. Soak smaller seeds such as radish, broccoli, cabbage and watercress for 4-6 hours; pumpkin, sunflower and fenugreek for 8 hours; green peas, adzuki beans and mung beans for 12 hours. Drain the water from the jar, place a cheesecloth over the mouth of the jar and secure it with an elastic. Tilt the jar upside down at a 45 degrees angle allowing for drainage and air circulation. Place the jar in a dark cupboard. Rinse the seeds twice daily. Sprouts are ready in 3-6 days.

Sprouting mung beans. Mung beans (Phaseolus aureus) are small olive-green seeds about ¼ inches long that increase sevenfold when sprouted.

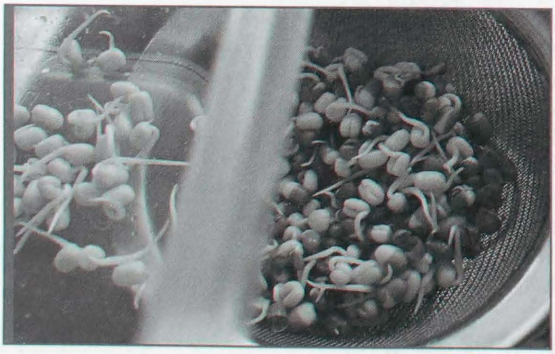
Pressure factor. Mung beans require pressure to produce fat and juicy bean sprouts. Joy Larkcom (1991,) author of Oriental Vegetables, states that applied pressure on the bean sprouts leads to the production of ethylene gas and cell expansion producing crisp and fat sprouts. To make a homemade sprouter, use two colanders with the seeds in the bottom colander, topped with the second colander in which a weight is placed to produce the pressure. Or perforate holes in a plastic container to allow for drainage and place a fitted plate overtop to allow for equal distribution of weight. Joy Larkcom recommends using a 2-pound weight over a five-inch diameter container holding sprouts to a depth of ½ inch.

Method. Soak between ¼ - ½ cup of mung beans in a jar for 12 hours. Drain and rinse in cool water for about 30 seconds. The ideal temperature for sprouting is 68°F. I keep the sprouts in a jar until they begin to sprout and then I transfer the sprouted beans into nesting containers. I have a commercial sprouter with a tray that fits snuggly over the mung beans. I use clay pots and a rock for a weight. As the green coats loosen off the seed, I skim them off each time I rinse them or I manually remove them. The sprouts will be ready in three to six days, at which time they will be between 2 - 3 inches long and the first two leaves will just be visible. I rinse them off, drain them and place them in a plastic bag in the refrigerator. Rinse the bean sprouts daily. I remove the tip of the root just before I use them. Some Chinese restaurants remove the seed remnant and the tip of the root.

In the kitchen. I prefer to drop the mung beans into a pot of boiling water for just a few seconds, chilling them in cold water before I add them to a salad or spring rolls. Bean sprouts can be added to fried rice, omelettes or soup in the last few minutes of cooking.

Close-up of mung beans sprouted for one day

Clay pots weighing down mung bean sprouts in the bottom tray



Separate the green shell from the washed mung bean sprouts

Prepared mung bean sprouts with tips of the root removed for spring rolls

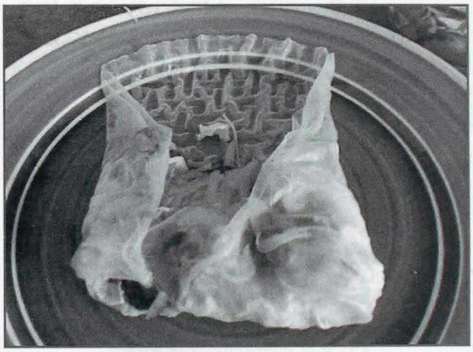
Ingredients for Rice rolls, dish of water and plate for work surface

Gluten-Free Spring rolls/ Summer rolls/ Vietnamese-style fresh rolls/Salad rolls

These rolls are made with a variety of ingredients such as shrimp, crab meat, tuna, salmon, cooked chicken; vegetables such as cabbage, asparagus, carrots, radish, peppers, snow peas, mung bean sprouts; mushrooms such as shitake or cremini; herbs such as mint, basil, cilantro, scallions and noodles such as rice vermicelli. Whatever the ingredients, they are all rolled in gluten-free paper-thin rice wrappers and are accompanied with a gluten-free sweet and sour sauce, a peanut sauce or other favorite sauces.

Ingredients.

2-3 green onions finely chopped
2-4 radishes thinly sliced
1 cup shredded carrots
1 cup lightly steamed mung bean sprouts
1 cup finely shredded cabbage, Napa cabbage or lettuce
1 cup sliced cremini mushrooms, sautéed
1 cup prepared rice vermicelli noodles
8-inch round rice paper wrappers



Folded and ready to roll into a spring roll

Method.

Drop some rice vermicelli noodles into boiling water. Remove the pan from the burner and let the noodles rest in the water for 5-10 minutes until they are tender. Drain the noodles and rinse them in cold water. Squeeze out extra moisture and cut into shorter lengths. Prepare the green onions, radishes, carrots, cabbage or lettuce in separate saucers. Steam the mung beans and steam or sauté the mushrooms. According to Andrew Weil, author of Eating Well for Optimum Health, we should never eat raw mushrooms. Light cooking destroys natural toxins found in some beans, bean sprouts, alfalfa sprouts and mushrooms.

Making the spring rolls. Dry rice paper can be found in the Asian section of a grocery store and is available in different sizes. You need a bowl of lukewarm water and a plate or parchment paper as a work surface. Dip the rice paper wrap in water for three seconds. Place it on your plate or parchment paper and begin assembling your ingredients onto the wrap. Place each ingredient on the lower third of the wrap, leaving a one-inch border on the right and left sides. Keep the ingredients in the shape of a log. To fold and roll, first bring the lower edge over the filling and then fold the edges from the right and from the left over and roll into a tight cylinder. Place your rolls on a plate and cover with a damp towel and plastic wrap and refrigerate. Serve with your favorite sauce.

Four spring rolls with bowls of sauces

Laura B. Russell, author of The Gluten-Free Asian Kitchen, suggests variations and prepares her ingredients as a mixture. Her recommended ratio is 2 cups of bite-size pieces stir-fried rib-eye steak (bulgogi), shrimp, tofu, grilled pork or chicken and 3 - 4 cups vegetables and herbs such as cucumbers, bean sprouts, steamed snow peas, shredded cabbage, chopped green onions, fresh chilies, Thai basil and chopped nuts. She uses about ½ cup of filling per roll. She recommends mango sauce or peanut satay sauce for her spring rolls.

Sweet and sour dipping sauce (gluten-free)
This recipe is an adaptation of Bronski's recipe (2009, p. 60.)

Ingredients:
4 tablespoons sugar, ginger syrup or honey
4 tablespoons rice vinegar
4 tablespoons ketchup
4 tablespoons water
1 tablespoon tamari wheat-free soya sauce
1½ teaspoons cornstarch or tapioca starch
Pinch of crushed dried red chili flakes (optional)
Method:
In a saucepan mix all ingredients and heat over high heat, stirring until the sauce thickens. Serve after it has cooled.

Peanut sauce.

Ingredients:
7 tablespoons crunchy peanut butter
4 tablespoons water
1 tablespoon lime juice
2 tablespoons tamari
1 tablespoon mirin
1 tablespoon toasted sesame oil
1½ teaspoons brown sugar
1 teaspoon yellow curry paste
¼ teaspoon ground coriander
¼ teaspoon ground ginger

Method:
Warm the above ingredients and stir in water. Add the lime juice at the end. If the sauce is too thick add a little more water. This sauce can be used on grilled pork.

Conclusion: We hope that all of you and your families are well and healthy at this time of the coronavirus COVID-19 pandemic. May all of us have the strength and resilience, the will and the determination, as well as common sense and patience to take all the necessary precautions required to stay healthy and safe. Let us be patient and have self-control, so that we don't require the care of a physician. May God be our source of solace, peace and endurance during this extraordinary time.
Stay well and stay safe!

Vivian Skakun (Photos and article)

Ingredients for sweet and sour dipping sauce

Ingredients for Peanut sauce

Resources

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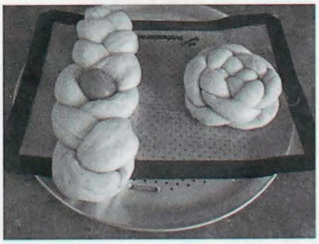
Corrections:

We appologize for errors to a few of the photo captions from our last issue.

COVER

Pasca with cottage cheese mixed with egg seasoned with salt, pepper, green onions and dill fill the four quadrants of the Easter bread



Page 14

Correct photograph for the title supplied in the magazine is at the left:

Proofing before baking the Tsoureki seasoned with toasted, ground anise seed, nutmeg and brandy (Kiros, Tessa, 2011)

The photo shown on page 14 of our last issue (left, bottom) should have had the following caption:

Paska with one cottage cheese quadrant covered with a design

Page 16

Pasca with cottage cheese mixed with egg seasoned with salt, pepper, green onions and dill fill the four quadrants of the Easter bread

THE PRAIRIE TABLE, SUPPERS, POTLUCKS & SOCIALS: CROWD-PLEASING RECIPES TO BRING PEOPLE TOGETHER

by Karlynn Johnston aka The Kitchen Magpie

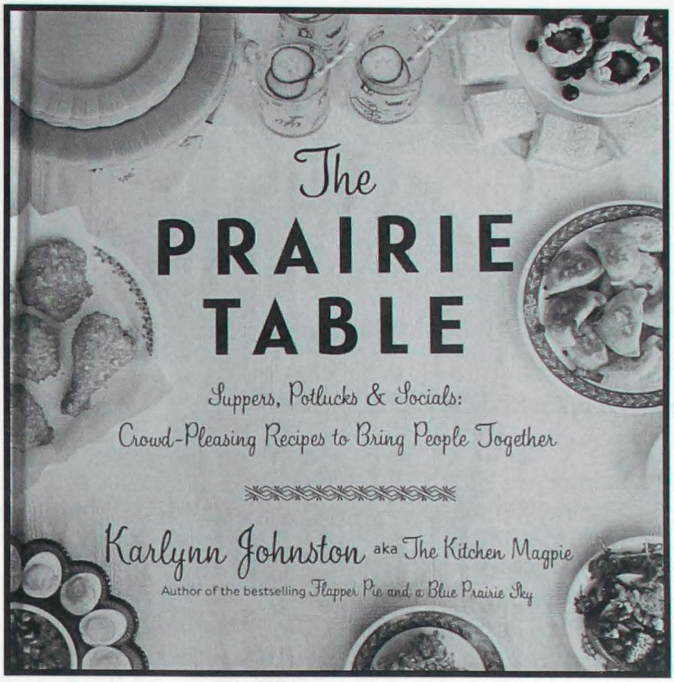
Cookbooks have certainly changed in character since Savella Stechishin published *Traditional Ukrainian Cookery*. One delightful book of recipes published by Penguin Random House in 2019 is ***The Prairie Table***. With plenty of nostalgic recipes, antique dishware and embroidered tablecloths, ***The Prairie Table*** is a go-to gift for bridal showers, housewarmings, birthdays and more. Leafing through the book, it is a pleasure to see the gorgeous photographs and fun to read Karlynn's comments. One entire chapter is dedicated to the Ukrainian heritage dishes of the prairies. A number of pages are devoted to making 'varenyky' or perogies with detailed instructions for beginner perogy-makers.

I tried the recipe for "Orange and Brown Sugar Cinnamon Buns". I learned how to prepare an orange brown sugar sauce to place on the bottom of the baking pan, forming a delicious coating on the eventual tops of my cinnamon buns. (Do not forget to add 1 tsp. sugar to the warm water plus yeast mixture at the start of this recipe, as Karlynn seems to have forgotten to include it!) Apparently, orange cinnamon buns were common on the prairies, as oranges were readily obtained in stores year-round.

Other Ukrainian recipes in this collection are those for 'nalysnyky, holopchi (holubtsi), lokshyna, perishke (perizhky), borscht, nachynka' and 'medivnyk'.

Karlynn Johnston is a full-time professional blogger, baker and recipe maker. She can usually be found fluffing her culinary feathers on her award-winning website, The Kitchen Magpie. When she's not there, she's busy avoiding her deadlines by sneaking away to eat at her favourite Edmonton restaurants, finding a new bourbon cocktail to drink, or playing on social media. Karlynn lives in Edmonton, Canada with her husband and two children.

As this issue of Promin will reach you in early summer, here is Karlynn's recipe for a salad.



Tropical Coleslaw

Makes 6-8 servings; preparation time—25 minutes.

Coleslaw

8 cups shredded green and purple cabbage (bagged mixes work)
2 cups fresh or 20 oz. canned pineapple chunks, drained on paper towel
1 cup grated carrots, rinsed well with cold water to remove starch
1 large mango, peeled and cut into ½-inch cubes, drained on paper towel
1/3 to ½ cup chopped cilantro

Chili Lime Dressing

2 Tbsp. lime juice (about 1 medium lime)
2 Tbsp. lemon juice (about 1 medium lemon)
½ cup olive oil
2 Tbsp. honey
1 tsp. chili powder
½ tsp. salt

1. To make the coleslaw, in a large bowl, toss the cabbage, pineapple, carrots, mango and cilantro together.
2. To make the dressing, place all the ingredients in a lidded jar and shake until combined.
3. Drizzle the dressing over the salad in the bowl; toss to coat.
4. Serve immediately. The dressing may be stored in a sealed container in the refrigerator for up to a week, but the salad itself does not keep well.

Leona Bridges

Salad mixed with dressing ready to serve.

Gluten-free Japanese /Oriental Noodle & Cabbage Salad

This recipe is an adaptation of two recipes that my cousin, Jackie, and my friend, Gloria, shared with me some years ago. Instead of the 3-ounce chicken flavored instant Japanese ichiban noodles, I used Lotus Foods Buckwheat and Mushroom Rice Ramen gluten-free noodles. I used only 2 tablespoons of seasoning from the instant noodles. Or instead of the seasoning from the package, season your dressing with dry ginger, garlic powder, and salt. Instead of soya sauce, I used gluten-free Tamari sauce.

Ingredients:
½ cup sliced almonds, toasted
2 tablespoons sesame seeds, toasted
¼ cup roasted sunflower seeds

4-6 cups shredded cabbage
1-cup mung bean sprouts,
1-cup sliced radishes
3-4 green onions chopped
2 cups sliced mushrooms (not included)

1¾ cup Chow Mein noodles (not included)
3-ounce Instant noodles chicken flavoured (broken-up) or substitute 2.8-ounce gluten-free buckwheat and mushroom rice ramen instant noodles.

Dressing:
Package of seasoning from box of instant noodles
½ cup olive oil
2 tablespoons Tamari (adjust to taste)
3 tablespoons vinegar
1 tablespoon sugar
¼ teaspoon pepper

Method
Toast the sliced almonds, sesame seeds and sunflower seeds separately in a dry skillet on medium heat.

Drop the mung beans sprouts in boiling water for a few seconds, drain, chill in cold water, drain. If you are using mushrooms, pre-cook them and cool them before adding them to the salad.

In a salad bowl mix the shredded cabbage, mung bean sprouts, radishes, green onions, mushrooms, sunflower seeds, almonds and sesame seeds.

If you are using chow Mein noodles, mix them with the dry, uncooked and broken up noodles in a separate bowl to be added later.

Preparing the Dressing. Add two tablespoons seasoning from the package (adjust to taste) into the olive oil and stir vigorously until it dissolves. Add Tamari, vinegar, sugar and pepper. Chill.

Before serving, shake the dressing, pour it over the cabbage mixture, and mix well. Top the salad with the mixture of Chow Mein noodles and instant ramen noodles. Serve.

Vivian Skakun

Олена Кошарна-Семенюк

З цим відзначуємо п'яту річницю упокоєння нашої улюбленої матері, бабуні та прабабуні 17-го липня, 2015 р. Пам'ятаємо, що вона якось пережила страшний Голодомор через свою віру в Бога та через духовну пружність. Милосердна, щедра, розумна та позитивна, вона далі існує в наших серцях та в думках. Муж, Григорій Кошарний, помер 1978 р.; син, Павло, упокоївся 2011 р.; тесть, Федір Подопригора, помер 1990 р.; теща, Акилина, померла 2001 р.

І сьогодні втрачують їх усіх син, Віктор Кошарний, та його дружина, Тамара; внуки Олена, Катерина, Віктор молодший, Григорій, Тайлер і семеро правнуків--Касандра, Левко, Джонні, Наомі, Софія, Фелікс і Стефан.

Вічна їм усім пам'ять!

Olena Koszarny-Semeniuk

As we commemorate the fifth anniversary of the passing of our beloved Mother, Grandmother, and Great Grandmother (July 17, 2015), we remember her as a Holodomor survivor whose deep faith and indomitable spirit helped her prevail over the most difficult circumstances in life. Love, generosity, wisdom and optimism were her most endearing qualities. She was predeceased by her husband, Hryhoriy Koszarny (1978), and her son, Paul (2011), as well as her in-laws, Fedir Podopryhora (1990) and his wife, Akylyna (2001).

They are sorely missed by their children, Victor and Tamara; grandchildren, Olena, Katherine, Victor, Gregory and Tyler; great grandchildren, Cassandra, Levko, Johnny, Naomi, Sofia, Felix and Stefan.

May their memories be eternal! Вічна їм пам'ять!

Submitted by Victor and Tamara Koszarny

Софія Василишин

У світлу незабутню пам'ять нашої дорогої матері, Софії Василишин, яка упокоїлася 16-го квітня, 2002 р. в місті Едмонтоні, Альберта. Висловлюємо нашу щиру вдячність і пошану за безмежну любов і мудрість, яку наша дорога мама постійно надавала нам, та за її невід'ємний вклад у заснування журналу "Промінь", який вдержився та процвітає 60 років пізніше. В її пам'ять, складаємо пожертву як нев'янучий вінок на журнал "Промінь".

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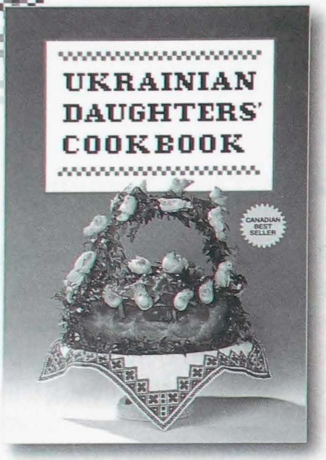

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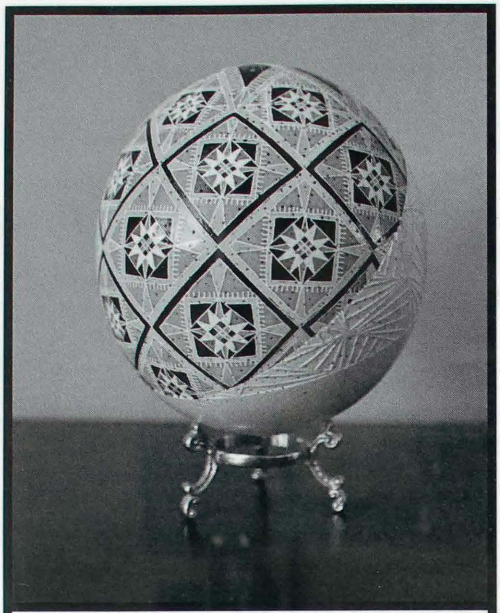

Erin Haugen
Visual Artist

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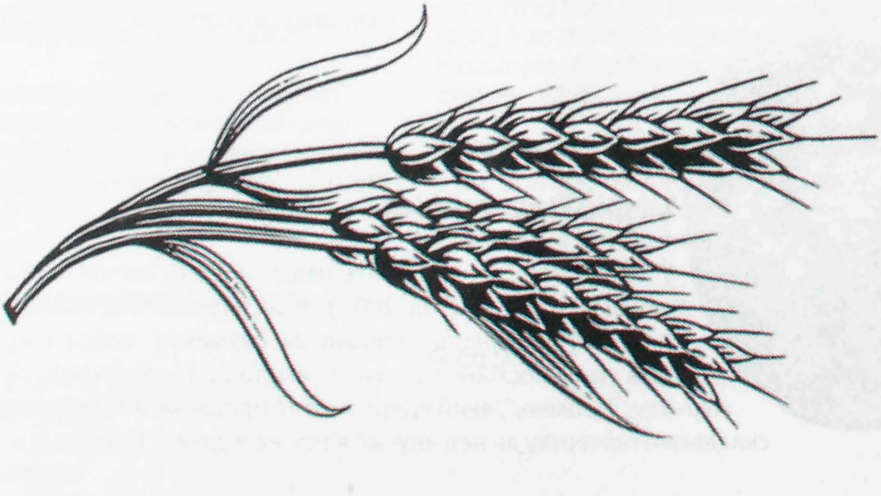
Image: *Traditional and Etched Ostrich Egg*



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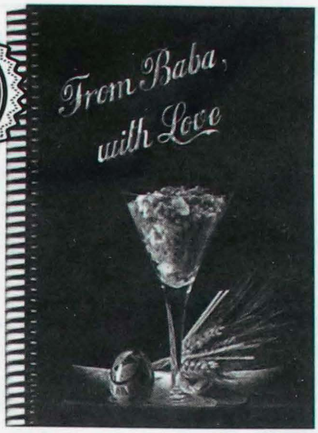

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Artist in the Spotlight – Arlene Wasylynchuk, Landscape Painter "Extraordinaria"

Arlene Wasylynchuk (nee Hannochko, 1947-2012) was born in Two Hills, Alberta. She studied at the Banff Centre for Arts and Creativity and earned her BFA with distinction from the University of Alberta in 1991. Arlene's work was exhibited in Edmonton, St. Albert, Calgary, Jasper, Red Deer, Medicine Hat, Grande Prairie, Kelowna, Toronto, Germany, Spain, Argentina and Singapore. She was the recipient of the inaugural Eldon & Anne Foote Edmonton Visual Arts Prize for her installation, Saltus Illuminati, in 2012. Her work is held in a variety of public collections, including the Alberta Foundation for the Arts, the University of Alberta Hospital, the Alberta Medical Association, Edmonton Police Services, the Alberta School Boards Association, the Alberta Teacher's Association, the Royal Alexandra Hospital Foundation and collections in Spain, Singapore, Taiwan, China, Switzerland and Peru. Her pieces are held in private collections all over the world.

My acquaintance with Arlene goes back to childhood days in the parish of St. John's Ukrainian Orthodox Cathedral in Edmonton. She was the daughter of Olga Hannochko, an active member of the Cathedral branch of the Ukrainian Women's Association of Canada. As young women, we made a road trip together from Montreal to Edmonton during the summer of '71. I drove while Marianne Makowsky (nee Baziuk) and Arlene enjoyed the scenery from the back seat of the car we were deadheading. Miles and miles of Canadian shield and prairie! Little did I know then, that Arlene was to become a renowned Canadian landscape artist.

Arlene married Levern Wasylynchuk of Edmonton. They have two sons, Michael and Richard. As a young mother, Arlene faced a bout of cancer. Somehow, she went on to raise her family, nurture her friends and neighbours, and pursue her interest in art.

Gilbert Bouchard, art critic for the *Edmonton Journal*, reviewed a number of Arlene's exhibits over the years at the Scott Gallery in Edmonton. He refers to Arlene as the "painter who serves as artistic witness to the wilderness", creating visually interesting

Top: Glacial Guards I
Above: Detail from Saltus Illuminati

landscapes scarred by human interference—urban development, clear cutting and so on. According to Bouchard, "Wasylynchuk uses her loose, semi-abstract works to move the viewer 'beneath and beyond' the 'quick, objective flash' of the surface appearance of a beautiful vista into the much harder 'prolonged subjective journey' into landscape paintings that reflect the full extent of Alberta's diverse wild places. 'The larger intent of this work is to get people to think about the environment and how we're fragmenting it.' Going out of her way to create appealing, albeit complicated, images that mix up perspectives and play with less-than-natural colour choices, the painter gives us fragmented, colourful, large scale works." Marianne Scott, former owner of the gallery, has the utmost respect for Arlene, both as a person and as an artist.

Arlene was awarded a Valparaiso Foundation Residency in Mojacar, Spain in 2003, where she perfected her skills and produced beautiful landscapes of southern Spain. Her painting style evolved to a point where it was said to be situated somewhere between abstraction and naturalism.

Her ultimate masterpiece may well be a three-dimensional piece exhibited at the Art Gallery

of Alberta in 2011 entitled "Saltus Illuminati" (the Forest Illuminated). It was a synthesis of traditional landscape painting, abstract expressionism, sculpture and environmental art, meant to act as an informative reference to the threat to our forests from the Mountain Pine Beetle and as a reminder for us all to be more cognizant of our interrelationship with our forests. It represented the stages in the life of a pine tree—a metaphor for life and loss.

Arlene Wasylynchuk lost her second battle with pancreatic cancer in 2012. Family and friends would remember her for her kindness, generosity, strength, bravery, creativity and her spirit of adventure and love of life. She was an inspiration to family and friends, a lover of the environment and of nature.

Here are comments by people who were touched by Arlene and by her passing:

"I will dearly miss our evenings at the ballet, where we shared ideas and discussed the arts. It was like being seen with a celebrity at these events. Arlene would introduce me to her vast circle of talented and artistic friends and colleagues. I thank her for Saltus Illuminati. I loved the immense scale of Arlene's work. She brought all of us into her creative world and opened our eyes to a new interpretation of the beauty of nature. So dearly missed as a friend and as a Canadian artist..."

"I'm sorry to learn of the passing of Arlene Wasylynchuk. I saw her powerful installation at the Alberta Art Gallery last winter and am certain that her presence will be greatly missed in the Alberta art community. My heartfelt condolences to her family and friends."

"I knew your mother only briefly as she shared a room with my mother at the Cross Cancer Institute for a short time. I was immediately impressed by her kindness and thoughtfulness. My first thought after meeting and talking with her was that she had such beauty—the kind that radiates from the inside out. During one of our talks, she spoke of her boys with such tremendous love and told me how very much she was looking forward to having you both there with her. I hope that you may take some comfort in knowing your mother was so loved by so many."

"I met Arlene while taking Spanish at the Edmonton Hispanic Bilingual Association. We gravitated towards each other and, through our love of the language, we became friends. At the time, I knew nothing of her talent or her accolades...only that she was a wonderful person to be around...caring and funny and we enjoyed the time we spent together. I was so very saddened to hear of her passing and will always think of her as someone I was blessed to have known...Adios, Amiga!"

Arlene's paintings can still be acquired through the Scott Gallery (scottgallery.com) in Edmonton, through the Alberta Gallery of Art (youraga.ca) or from the Art Gallery of St. Albert (artgalleryofstalbert.ca).

May her memory be eternal!
Leona Faryna Bridges

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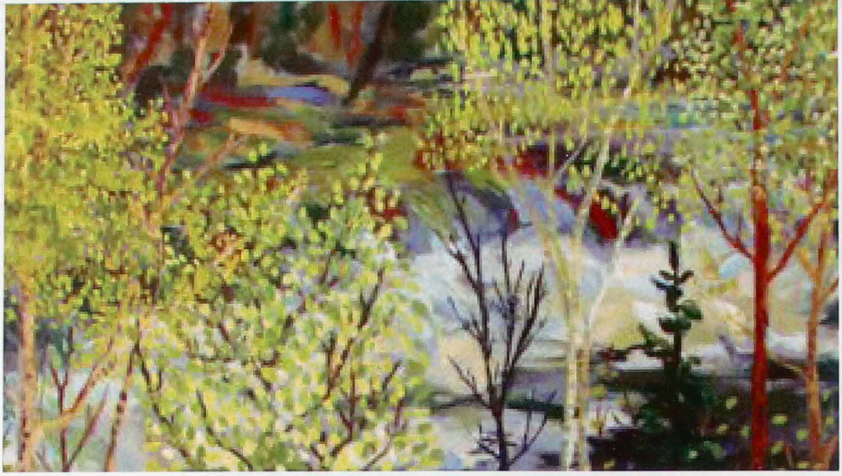

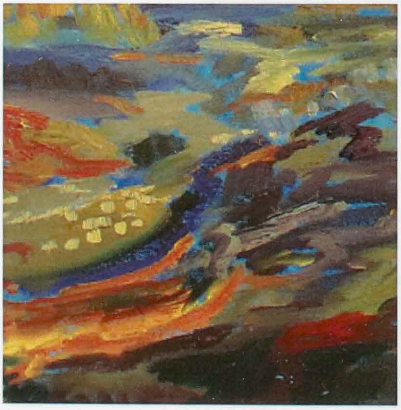

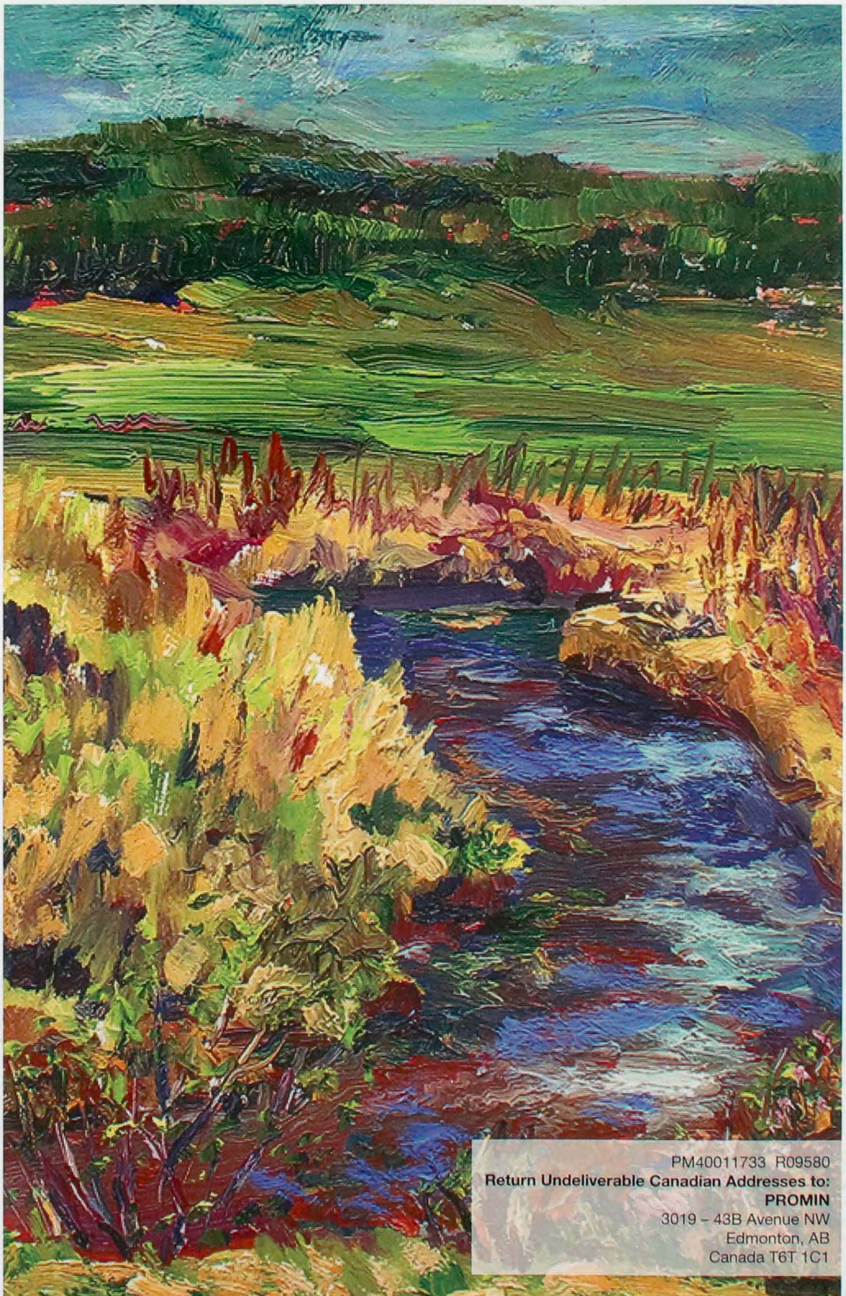

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